

'Stay on track plan'

Name
Starting and finale date
Number of sessions
Treatment method
Therapist

This 'Stay on track plan' has been created to keep yourself on track. Due to your therapy you have learned what seems to be a comfortable track for you. We have traveled across this track together. Now you can continue your journey towards your destination yourself.

Sometimes you will encounter bumps in the road or find yourself by accident off track. That's not bad thing at all as it's part of your process. You have gathered your power, insights and know the right actions to take to get yourself back on track. I am confident that you can do that well. Goodluck!

TIP: Optionally you can complement this 'Stay on track plan' by writing a letter to yourself as a reminder how everything you have done and experienced lead to this very moment. A reminder also underlines what the process has done for you, for what you have learned from it and done in order to be where you are right now. End the letter with words of support and appreciation for yourself. In case you are not doing well you have this letter at hand and take it like a strong support by just reading it.

My old pattern/track (where did I come from? What are the first signals?):

My actions that I need to do when this is happening again? (what helps me?):

My new pattern/track after therapy:

My strenghts (what kind of qualities do I have, what can help me?):

My insights of this therapie (what did I learned?):

My ending place (What are my wishes/goals after therapy?)